

## Car Parking

Parking for all transplant patients is now free. Please speak to Steph or Karen on reception to receive your parking permit.

Disabled badge holders can park for free.

## Clinic Times

Monday, Wednesday and Friday morning are post-heart transplant clinics.

Tuesday and Thursday morning are post-lung transplant clinics (lung function will be open from 8.30am)

Monday and Tuesday afternoon are pre-lung transplant clinics.

Routine Bloods every 6-8 weeks. Echos, ECGs and X-rays every 6 months. Please make sure you always have an appointment.

We have 3 echo slots on:

Monday:  
9.50am, 10.30am and 11.10am  
Wednesday:  
10.30am, 11.10am and 11.50am  
Friday:  
10.30am, 11.10am and 11.50am

If you are unable to keep your echo appointment please let us know well in advance so the slot can be given to another patient. When attending clinic could you bring a list of your medication with you please.

Due to a change in nurses working patterns there will be no staff in transplant OPD after 7pm, only an answer machine.

As always if your call is urgent telephone the Jim quick Ward on 0161 291 2204.

## IMPORTANT NOTICE

Brand name for Cyclosporin is NEORAL  
Brand name for Tacrolimus is PROGRAF  
(if it is a twice daily dose)  
or ADVOGRAF (once daily dose)

Please be aware of the posting and packaging. If you are at all concerned about medication you receive from your GP/Pharmacist. DO NOT HESITATE TO CONTACT THE TRANSPLANT UNIT

## What an achievement .....

New Start Charity would like to thank Martin & Denise Molloy along with their family, friends and customers for all their help and support organising their fundraisers at The Stanley Arms. They have raised an amazing total of

### £13,776.90

Thank you for all your efforts!

Dave Casson (second left) helped by doing the Dales Way Walk.



The Lauren Dixon's Annual Dominoes Trophy was won by Danny Moir (left) and runner up Pete Ogden.



## Patient Bloods

Patient's attending clinic for blood tests only are asked to arrive between 9.30 to 11am. During busy clinic times it may be necessary for patients to go to the phlebotomy clinic in the hospital to have their bloods taken. Clinic appointments are limited to a manageable number dependant on how many doctors are available to see patients. If you wish to see a Doctor at your visit it would be appreciated if you could phone the Unit prior to arriving in clinic for your bloods. This may avoid any disappointment or a long delay in obtaining medical attention. If you would like your bloods done locally please speak to clinic staff.

Thank you for taking the time to read this section...



Please contact Janice Taylor for donations or contributions to the next issue of In Touch

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**InTouch**  
Newsletter



# InTouch

## Newsletter

Summer 2014 Issue 22

## Chairman's Report

Time does not stand still in the Transplant Unit! Last year the unit did a record breaking 62 transplants and a couple of months ago carried out the 1000th transplant at Wythenshawe Hospital.



To celebrate this momentous occasion we will be organising a celebration during the month of September. Details and invites to be mailed out over the next month.

Another exciting event due to take place over the summer is the Transplant Games and Team Wythenshawe has a record number of athletes attending, 26 along with 10 registered supporters. As we are one of the host teams it would be wonderful if you could make your way to Bolton to support the athletes over the 4 day event.

**Richard Dyson**  
Chairman

## Hasta La Vista Baby!

Katey, one of our well-loved and long serving Transplant Coordinators has taken early retirement following many years of service both in the transplant unit and the intensive care unit. She had a celebration party on her last day of work is now taking a well-deserved break from working life by beginning her retirement with a holiday in Cuba.

Her colleagues sent her off with a new Kitchenaid Artisan Food Mixer with instructions to bring in lots of cakes for the staff! We wish her all the very best for a long and healthy retirement. She is a character who will be missed by both the patients and the staff but we know she will be keeping in touch with us – to provide us with more cakes if nothing else!



## Happy Heart Day .....



Heart recipient Debbie Sintern celebrated the 20th Anniversary of her heart transplant

last November with a party and in the process raised £945.00 for the charity. Congratulations and 'Happy Heart Birthday' Debbie and thank you!



Top photo: Debbie first on the right  
Bottom photo: Debbie third from left

We are looking for volunteers to help out during National Transplant Week. We will be taking the charity gazebo into Manchester on Monday 7th July, based in St Anne's Square and on Tuesday 8th July, we will be in Bolton. We will be raising awareness of the Organ Donor Register and if you would like to help out for a couple of hours, please call the office on 0161 945 2166 or email [janicetaylor@newstartcharity.org](mailto:janicetaylor@newstartcharity.org).

The Donor Run at the Bolton Transplant Games is open to all recipients, family and friends. Please don't be put off by the 'run' title – you can walk it in honour of your donor. Please follow the link [www.donorrun.co.uk](http://www.donorrun.co.uk) to register your interest. The distance is 5k, registration starts at 4pm and the race begins at 6pm on Saturday 9th August at Leverhulme Park, Bolton.

## Our new website is now up and running: [newstartcharity.org](http://newstartcharity.org)



We have a huge amount of information relating to heart and lung transplants at Wythenshawe Hospital. There is a patient area with patient stories, newsletters, interesting links and lots of exciting information about the work of the transplant unit and the charity. If you have anything you would like to publicise please get in touch with us on 0161 945 2166 or [janicetaylor@newstartcharity.org](mailto:janicetaylor@newstartcharity.org)  
**Why not take the time to visit our new site.**

## Andy McGarry



An ambassador for the Transplant Games 2014, Andy is a professional tennis player and a heart transplant recipient.

The Transplant Games is probably not on the radar as much as it should be. We're always trying to put the event in the public eye but for many reasons, it's not picked up by a lot of people. Perhaps because many have misconceptions about organ transplantation. There are indeed a lot of downsides but overall the benefits completely outweigh the negatives.

The Games are coming to Bolton, Greater Manchester in August 2014. They promote transplantation by showing the benefits of what can be achieved post-operation, in a sporting capacity. The Games have been staged around various cities as towns in the UK every year since the late 1970's.

There haven't been many transplant events held locally of this magnitude and hopefully it will be a chance for a lot of the region's local organ recipients like myself to participate. It is the first time for me that they will be held close to home. I first got involved in the Transplant Games in 2005 in Loughborough and I've been to every one since. It's important that the Games move around - a lot of the participants will be scared about going too far away from home. The comfort of being in their own locality after transplantation is very reassuring.

No matter who you are, the chance to see people receiving a fresh start is awe-inspiring. When you come to the games there a lot of people who might, for the first time in their life, be jumping in a swimming pool for example. Even if they only swim one-length of the pool, you can really appreciate what it means to them. When you see children racing along the 100m track, knowing that maybe just a year before they were on death's door, it's encouraging to say the least. To see their families and friends; the joy on the faces of all the people involved is just a really powerful, emotional feeling.

I wasn't knowingly ill prior to having my transplant so in that sense, my experience has been something quite rare. It happened in 2002 and resulted from something known as viral dilated cardiomyopathy, which is basically where a virus has attacked the body. I came down with a chest infection and then the heart started failing from that moment on.

I woke up ten days after falling unconscious to find out I'd had a heart transplant. The first few months are obviously very difficult because the body is taking a new organ on board and rejection is the first thing that you encounter. It's like a virus in a computer; your body is confused. The doctors here in Manchester - I was taken to the University Hospital South Manchester (UHSM) - have treated me exceptionally well.

I'm from Merseyside but I have a strong affiliation with, and affection for Manchester. And speaking of which - I appreciate the ongoing rivalry between Liverpool and Manchester. It's a healthy one in many respects! I've spent a lot of time with the people around Greater Manchester, in the city and around the sports clubs. It's a fantastic city. My time here is often spent shopping with my girlfriend. We drive to the Trafford Centre but when I've got a bit more money I'll go into the city. Like Liverpool, it's constantly changing and active, fun and safe.

When it comes to sport, I'm naturally quite serious and competitive. Which is why I made the conscious decision not to play tennis in the British Transplant Games. For me it's all about the enjoyment and I don't want to detract from other peoples fun through being known as a professional. So I'd rather try my hand at something different and see if I can win. I'll be having a go at the crown green bowling, lawn bowls and golf this year. Hopefully I'll get involved in the donor run this year too. It takes place across Bolton with lots of spectators, people in fancy dress, all fun stuff.

The care and attention that I've received at UHSM, from day one, has been unbelievable. I've always been very carefully looked after and treated really well; my family the same. At the end of the day, the staff here have kept me alive all of these years. Each time, I appreciate coming back - it's a chance to say thanks, a gratitude thing. They've got a vested interest in me and now its vice-versa. Through participating in the Games, I'm showing my gratitude back to the hospital and the staff that work there. [www.britishtransplantgames.co.uk](http://www.britishtransplantgames.co.uk) / @WHBTG

## Family affair .....

Double Lung recipient Campbell Wallace attended a cheque presentation by Club Steward Jack Ball of the Werneth Lodge with Transplant Co-ordinator, Christina Culshaw.

Both Christina and Campbell were called on stage to receive the cheque for £1,000.00 and to say a few words, which by all accounts turned into an emotional speech by both parties. Carol and Campbell have separately raised £290 - when Campbell was challenged to dress as a 'Jock in a Frock' (all photos have been removed from public viewing ..... 😊) and son Danny raised a further £200 from his comedy night.

Thank you for all your efforts!



Pictured from I-r: Campbell Wallace, Christina Culshaw and Mr Jack Ball.

## 1st Anniversary present ...

Natalie Butler organised a fundraising event for her dad Tommy's first anniversary of his double lung transplant. Tommy from Liverpool had his transplant in February 2013 and daughter Natalie and wife Margie wanted to say thank you to the Transplant Unit. They raised an incredible £4,135.00 with the help of family and friends. Natalie's friend Katie Newport held a raffle and raised £700 which was matched by Katie's employers Santander.

Dr Colm Leonard received the cheque from Natalie



Pictured I-r: Natalie Butler, Dr Leonard, Christina Culshaw, Tommy Butler and Dr Jamal Salaie



## Want to be part of our "Bee well" group? Our "Bee well" Group aims to improve:



But could also help weight loss if that is your aim.

Are you keen to get involved? Please contact-

Ann Marie Nixon- 0161 291 2701  
Dr Zoe malpus -0161 291 2200  
Zoe.malpus@mhsc.nhs.uk  
Aoife Healy - 0161 291 2701  
Aoife.healy@uhsm.nhs.uk

On making initial contact, please include your mobile number so we can remind you of when the group is starting.

The Albion Social & Snooker Club, Kendal held a fundraising event on 14th December last year and raised £343.00.



Special thanks go to everyone who helped make the event a great festive success ... Particularly with the Christmas jumpers!

Pictured from I-r: Sam, Katie, lung transplant Alan Leacock and Steve ..... all looking very festive!

## Manchester Marathon matched

Alan Cokayne ran the Manchester Marathon and successfully raised almost £750 in doing so! His father-in-law Vincent Smith received a successful single lung transplant in 2005 and Alan wanted to say thank you and give something back. Alan's employers Vodafone matched his fund raising efforts by donating £350.00.



# THANK YOU

FOR YOUR FUNDRAISING EFFORTS  
EVERY PENNY HELPS!

Kevin Moss presented the charity with a cheque for £500 from the Provincial Lodge of Cheshire and £200 from the Royal Edward Lodge - Thank you Kevin!

Our Annual Raffle raised just over £3,000.00 - thank you to all who purchased tickets. The winning ticket was sold by Joan Osborne to a Mr P Lennon, whose grandchildren were delighted with the prize!

A big thank you goes to Peter Rowe whose recent fund raising event made £1,022.00 and his daughter Stephanie Rowe held a dinner party and raised a further £223.00 - thank you both.

£225.00 was sent in to the charity from the 'Tour de Furness' event by the Furness Rotary Club - many thanks.

The Hale Barnes Residents kindly sent a cheque to the charity for £1,048.42. Thank you for your generosity.

Nick Wealleans from Stretford took part in a marathon on behalf of heart transplant Robert Hartney and raised £400.00 - thanks Nick!

Anthony Pursglove's son-in-law also ran a half marathon and collected £224.00 in sponsorship for the charity.

## Dates for your diary...

2014

Monday - 7th July

Transplant Week - ODR Stand in St Anne's Square, Manchester

Tuesday - 8th July Transplant Week - ODR Stand in Bolton Town Centre

Saturday 12th - 17th July European Heart & Lung Games - Vilnius, Lithuania

Thursday 7th - 10th August British Transplant Games - Bolton

Saturday 16th - 23rd August European Transplant & Dialysis Games - Krakow, Poland

September (TBC) 1000th Transplant Celebrations

2015

Sunday 30th August - 5th September World Transplant Games - Mardelplata - Argentina